

Emergency Food & Preparation Use Foods You Have in Your Pantry

These normal day-to-day staples are commonly stocked in most homes and lend themselves to emergency menus. Items which you store as an emergency stock should be rotated on a yearly basis.

- * Liquid evaporated milk (cans), or powdered milk
- * Canned meat, poultry and fish
- * Canned mixtures of the above with vegetables, rice, macaroni or noodles
- * Dry beans (variety)
- * Canned fruit and vegetable juices
- * Ready-to-eat cereals
- * Macaroni, spaghetti and noodles
- * Cheese spreads and peanut butter, honey, catsup and mustard
- * Fats and oils which need no refrigeration
- * Hard candy, salted nuts and seeds
- * Coffee, tea, bouillon
- * seasoning and baking powders

If the Electricity is Off:

- * First use up the perishable food and foods from the refrigerator.
- * Second, use up foods from the freezer. Foods in a well-insulated freezer won't begin to spoil for several days.
- * Open your freezer as infrequently and for the shortest time possible.
- * Third, begin to use non-perishable foods and staples.
- * For cooking, use charcoal or camp stoves, **BUT ONLY OUTDOORS.**
- * Candle warmers, chafing dishes and fondue pots can also be used.
- * Canned foods can be heated in the can after removing the paper label and opening it.